

### **Abstract**

This invention provides an apparatus for steadily holding a bucket or paint can. The invention is designed to reduce the stress to a user's thumb, hand, and wrist that occurs when a user holds a bucket over a period of time. The apparatus comprises a glove sewn to a sleeve. The sleeve of the invention supports the bucket or paint can from all sides, including the bottom, so the user does not even have to touch the bale handle of the bucket or paint can. Two adjustable heavy duty wide straps are also provided for better support of the sleeve. Two wrist straps are also provided to adjust the hand compartment of the glove and support the user's wrist. The method of the present invention includes donning the glove about the hand and tightening it with the wrist straps and then using the device to hold the bucket or paint can within the sleeve.